

Diabetes

Numbers At-a-Glance

1. Criteria for Diagnosis of Diabetes†

Fasting plasma glucose ≥ 126 mg/dl*

Random plasma glucose ≥ 200 mg/dl* with symptoms
(polyuria, polydipsia, and unexplained weight loss)

*Repeat to confirm on subsequent day

2. Glycemic Control Goals for Type 1 or Type 2 Diabetes†

Level of control

Normal

Goal

Take additional action

Hemoglobin A1c

$< 6\%$

$< 7\%$

$> 8\%$

Self-monitored blood glucose

Whole blood values

Preprandial goal: 80 - 120 mg/dl

Bedtime goal: 100 - 140 mg/dl

Plasma values

Preprandial goal: 90 - 130 mg/dl

Bedtime goal: 110 - 150 mg/dl

3. Hypertension in Adults with Diabetes†

	Systolic mmHg		Diastolic mmHg
Definition	≥ 140	and/or	≥ 90
Treatment goal	< 130	and	< 80

4. LDL Cholesterol in Adults with Diabetes††

LDL goal < 100 mg/dl

Therapy initiation level ≥ 100 mg/dl

†American Diabetes Association Clinical Practice Recommendations, *Diabetes Care* 24 (Suppl. 1): S33-S43, 2001.

††Executive Summary of the Third Report of the National Cholesterol Education Program Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III), *JAMA* 285 (19): 2486-97, 2001.

(over)

Diabetes

Management Schedule†

At every visit:

- Measure weight and blood pressure.
- Inspect high risk feet.
- Review self-monitoring glucose record.
- Review/adjust medications.
- Recommend regular use of aspirin for CVD prevention.
- Review self-management skills, dietary needs, and physical activity.
- Counsel on smoking cessation and alcohol use.

Twice a year:

- Order hemoglobin A1C in patients meeting treatment goals with stable glycemia (quarterly if not).
- Refer for dental exam.

Annually:

- Order fasting lipid profile, serum creatinine, and urinalysis for protein and microalbumin.
- Order dilated eye exam and influenza vaccination.
- Perform comprehensive foot exam.

Usually only once:

- Order pneumococcal vaccination.



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The National Diabetes Education Program (NDEP) is a partnership among the National Institutes of Health, the Centers for Disease Control and Prevention, and over 200 organizations.

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